

Food for Thought! *Recipes for positive ageing*

Stamford Grand, Glenelg
Friday 10 September 2010
9.00 am – 5.00 pm

Presented by the
Australian Association
of Gerontology

Followed by complimentary refreshments till 7pm

Preliminary Program

MORNING SESSION

- 8:15 AM **REGISTRATION DESK OPENS**
- 9:00 AM **OFFICIAL WELCOME**
- 9:20 AM **OPENING ADDRESS**
Recipes for positive Ageing
Maggie Beer, Cook/Food Producer/Writer, 2010 Senior Australian of the Year.
- 9:55 AM **KEYNOTE**
Options and Choices in Ageing: Eating and social engagement
Dr Peter Orpin, Senior Research Fellow University of Tasmania
- 10:25 AM **MORNING TEA**
- 10:50 AM **KEYNOTE**
Futures Planning: Using the Right Ingredients for Peace of Mind at the End of Life
Professor Colleen Cartwright, Director Aged Services Learning and Research Centre, Southern Cross University
- 11:20 AM **CONCURRENT SESSIONS**
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| <p>1. <i>The Times They are a Changing!</i></p> <p>a) M Corlis: Utilising an Internet Social Networking Site to Reduce Loneliness</p> <p>b) K Goodall: How do Culturally and Linguistically Diverse Migrants Find What They Need to Know?</p> <p>c) P Pindral: Local Government: Learning with its diverse community - Sharing Culture, Food, Experience of Ageing.</p> <p>d) A Burgess: Age Discrimination Survey: Findings and Where to From Here?</p> | <p>2. <i>MY Home! MY Life</i></p> <p>e) S Richards: What is the Meaning to Older People of Moving to a Residential Care Facility as a Last Home? Results of a Systematic Review.</p> <p>f) A Stoll: Housing Aspirations And Expectations Of Older South Australians</p> <p>g) J Boylan: Partners in Positive Ageing : Model of Wellbeing for Older People</p> <p>h) P Castle: Partners In Positive Ageing: Living and working the process at Highercombe from a staff perspective</p> |
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- 12:45 PM **LUNCH including the AAG AGM at 13:15**



AFTERNOON SESSION

1:45 PM **ACH GROUP SIR KEITH WILSON ORATION**
Thinking Positively about Ageing? Now You're Cooking!
Professor Mary Luszcz, Director Flinders Centre of Ageing Studies Flinders University

2:35 PM **CONCURRENTS**

3. *I've Followed the Recipe but...*

- i) **A Basso, D Bonython:**
Making Activities of Daily Living Tasks Easier and Safer
- j) **S Lowe, E Sherry:** Licence to Cook: A Mealtime Management Health Education Package
- k) **R Colanero:** A recipe for better practice CaLD aged and community care

4. *Engagement and Connection*

- l) **J. Rajkowski, A. McStay:** A Journey of Positive Ageing
- m) **T Cheel:** Poverty to Purpose
- n) **M Huckel:** Ageing in Prison: Music Therapy with Elderly Lifer Prisoners

5. *The Right Ingredients!*

- o) **C Lamshed:** Dealing with What Life Hands You : Journeys of Struggle, Hope, Courage and Inspiration by Families Facing Younger Onset Frontal-temporal Dementia
- p) **C Sharpe, D Stone:** Dementia Link Workers : A recipe for Success : "Caring, Connecting, Coordinating"
- q) **Sylvia Brideoake:** Facing the Challenges Together – Implementation of the South Australian Dementia Action Plan

3:40 PM **AFTERNOON TEA**

4:00 PM **KEYNOTE**
Professor Malcolm Batterbsy, Director Flinders Human Behaviour and Health Research Unit, Flinders University
Self management and positive ageing- the ideal partnership!

4:30 PM **AN ENDING WITH A DIFFERENCE – *On the couch!***
Has a conference ever concluded this way? You'll have to be there to see!
 How to maintain your control!!!
 What about research based evidence!

5:00 PM **CLOSE**
Student prizes and draw of AAG voucher, followed by the traditional complimentary refreshments till 7pm



About the Keynote Speakers & their topic

Maggie Beer, Cook/Food producer/Writer, 2010 Senior Australian of the Year,
A Culinary Icon

Maggie, originally from Sydney, worked and travelled overseas in an amazing variety of jobs from a Lift Driver in a New Zealand department store to the Assistant to the Senior Geophysicist for British Petroleum in Libya. Returning home in 1968 and well before becoming immersed in the world of food, she was employed in fields as diverse as light aircraft, Citizenship Law Clerk for the American Embassy and House Management at the Women's College of Sydney University. Her marriage to Colin in 1970 led them to the Barossa Valley in 1973, where they began pheasant breeding and grape growing. The establishment of the Pheasant Farm was the start of a career that now spans farming, food production, exporting, food writing and television presenting.

Maggie has written 7 books in total and was co-host for the ABC Cook and the Chef for 4 years. Her Export Kitchen in Tanunda employs 74 staff and Maggie remains vitally involved in this. As part of the 2010 Australia Day Awards, Maggie was honoured with winning Senior Australian of the Year, in recognition of her focus on cooking with seasonal produce, that has in turn, helped to educate so many Australians to make informed food choices. The award was presented to Maggie by Prime Minister, Kevin Rudd, at a special ceremony in Canberra on January 25th 2010.

Dr Peter Orpin, Senior Research Fellow University of Tasmania

Peter Orpin is a Senior Research Fellow in Rural Health at the University of Tasmania. After a third of a lifetime standing at a laboratory bench, he came to the conclusion that health and well being were as much about the social as the biochemical and moved to the social sciences. He has worked and presented widely in the areas of evaluation, community, consumer participation and ageing. He is currently a member of the Council on the Ageing (COTA) Tasmania Policy Council and academic researcher leader on an ARC Linkage project looking at social engagement and disengagement among old rural people. He argues strongly for an approach to health research and evidence building that rates understanding and reflection as important as proof seeking and shoring up certainty.

Professor Colleen Cartwright, Director Aged Services Learning and Research Centre, Southern Cross University.

Professor Colleen Cartwright is Foundation Professor of Aged Services and Director of the Aged Services Learning and Research Centre at Southern Cross University, Coffs Harbour. She has extensive teaching and research experience in ageing, ethics and medical decisions at the end of life, at national and international levels, with publications in major journals and a number of book chapters. Professor Cartwright designed the Advance Health Directive and Enduring Power of Attorney forms that are part of the Queensland Powers of Attorney Act (1998) and regularly runs information and training sessions for community and health professional groups on ethical and legal issues, including advance care planning, informed consent and capacity. She has been a member of the Australian Association of Gerontology for more than 20 years.

Many people are concerned about what the end stage of their lives will be like. Research indicates that they are not really afraid of dying but they are afraid of the dying process. Other people who are caring for an adult with a disability have fears and concerns relating to that person and "what will happen to them when I am gone"

Mechanisms to help address the fears and concerns of both groups is planning for the future – Advance Care Planning to help ensure that your wishes for end of life care are known and respected and Futures Planning to

put in place some safeguards for the adult with a disability for when the primary carer is no longer able to provide their care. Professor Cartwright's presentation will address both of these issues

Professor Mary Luszcz, Director Flinders Centre of Ageing Studies Flinders University

Mary Luszcz is Professor of Psychology and of Gerontology at Flinders University and Director of the Flinders Centre for Ageing Studies.

She earned a BA from University of Dayton, an MA from George Peabody College, and a Ph.D. from the University of Alabama, in the USA. Prior to working at Flinders University, in Adelaide, Professor Luszcz taught in Canada. At Flinders, she teaches in the School of Psychology and the School of Medicine, at undergraduate and post-graduate levels.

She is a Fellow of the Academy of Social Sciences of Australia, the Gerontological Society of America, the Australian Association of Gerontology and the Australian Psychological Society. Her research places emphasis on typical patterns of ageing, in the areas of cognition, well-being and lifestyle factors contributing to psychological and functional outcomes.

She holds numerous research grants. Foremost among her research focus is her role as Principal Investigator of the *Australian Longitudinal Study of Ageing*, she leads a multidisciplinary collaborative effort tracking the lives of Australians over the age of 70 for the past 18 years. ALSA is included in national (DYNOPTA) and international (IALSA) consortia bringing together longitudinal studies of ageing. Her publications are numerous and diverse, as reflected in some of the high prestige journals in which they appear, e.g., *Psychology and Ageing*, *Journals of Gerontology: Psychological Sciences*, *Journal of the American Geriatrics Society* and *Journal of Epidemiology and Community Health*.

From 1997 – 2001 she was Secretary General and Vice-President of the International Association of Gerontology. She is Editor of the *Behavioural Science Section of Gerontology* and a member of the Editorial Board of the *Australasian Journal on Ageing*. She has served on both the Australian Research Council and the National Health and Medical Research Council, and was a member of the management committee of the Australia-wide *Research Network in Ageing Well* and its South Australian Convenor. In SA she is a member of the Universities Research Roundtable (OFTA), the Centre for Intergenerational Health, and has recently received funding to initiate an Active Ageing Cluster within Constellation SA.

Professor Malcolm Battersby, Director Flinders Human Behaviour and Health Research Unit, Flinders University

Malcolm Battersby is a Professor of Psychiatry and the director of the Flinders Human Behaviour and Health Research Unit at Flinders University. His psychiatric, clinical, and academic careers were strongly influenced by postgraduate training in the use of behavioral approaches for treating anxiety disorders and related conditions with Professor Isaac Marks at the Institute of Psychiatry, London. Professor Battersby established an anxiety disorder clinic and the Flinders Centre for Gambling Research at Flinders University, Adelaide, as well as the Master in Mental Health Sciences course to provide training in cognitive and behavioral therapy to non-psychologists.

His PhD investigated the contribution of anxiety to morbidity in people with chronic airways disease. These interests and the SA HealthPlus coordinated care trial led to the development of cognitive and behavioural approaches for self-management of chronic conditions. Professor Battersby was awarded a Harkness Research Fellowship in the study of chronic conditions self-management in the United States during 2003-2004 and this has led the development of the Flinders program of chronic condition management, now provided across Australia and internationally.

He is also a chief investigator of the Centre of Clinical Research Excellence in Aboriginal Health, and he led the team that prepared the Self-Management Action Plan for the Australian National Chronic Disease Strategy.

EXHIBITORS

There will be a number of exhibitors to add value to the SA Gerontology Conference 2010. These include:

- *Alzheimer's Australia SA*
- *Aged Rights Advocacy Service*
- *Seniors Information Service*
- *Commonwealth Carelink Program*
- *Comm House*
- *Independent Living Centre & Continence Resource Centre*
- *Technical Aid to the Disabled(TADSA)*
- *Adelaide Botanic Gardens Foundation*

Cost of the conference:

\$150	AAG Member (individual or corporate)
\$240	AAG Non Member
\$75	Student/concession

For any further information email: Sage@dfc.sa.gov.au

